LAYLA MOON

SHADOW WORK JOURNAL AND WORKBOOK

37 DAYS OF GUIDED PROMPTS AND EXERCISES FOR SELF-DISCOVERY, EMOTIONAL TRIGGERS, INNER CHILD HEALING, AND AUTHENTIC GROWTH

Shadow Work Journal

37 Days of Guided Prompts and Exercises for Self-Discovery, Emotional Triggers, Inner Child Healing, and Authentic Growth

Table of Contents

4 FREE Gifts
Introduction
The Darker You

Meeting Your Shadow Self

Shadow Work and Why You Need It
Day 1
The Hidden Feelings
Day 2
The Mental Delete Button
Day 3
The Letter to Your Child-Self
Day 4
The Offended One
Day 5
The Toxic Relationships
Day 6
The Biggest Fears
Day 7
The Mask
Day 8
The Shame
Day 9
The Negative Traits
Day 10
The Comparison
Day 11
The Trigger
Day 12
The Bad Habit
Day 13
The Judge Control
Day 14

The Unexplainable Feeling
Day 15
The Values
Day 16
The Parents
Day 17
The Action
Day 18
The Victim
Day 19
The Things I've Done
Day 20
The Mirror on the Wall
Day 21
The Regret
Day 22
The Let-Down
Day 23
The Void
Day 24
The Failure
Day 25
The Support
Day 26
The Overreact
Day 27
The Grudge
Day 28
The Conflict
Day 29
The Priority
Day 30
The Hero
Day 31
The Promises We Keep (And Break)
Day 32
The Angry Bird

Day 33
The Hold Back
Day 34
The Failed Relationship
Day 35
The Energy Drain
Day 36
The Respect
Day 37
The Letter from Your Alter Ego
Conclusion
Thank You

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Introduction

To be honest, this was supposed to be another type of journal. My initial idea for this book was to focus on the things that make you uncomfortable and how to push yourself out of that zone.

But I was suddenly invited to a barbecue backyard party at my friend's house, where I spent a good 10 minutes watching his one-year-old trying to catch his shadow. Almost like a dog relentlessly chasing his tail, he was making circles in the sun, getting frustrated with how he couldn't touch something that he could clearly see.

You can guess where the story ended, with a high-pitch cry and him dropping his ice cream, but let's leave that story for a "how to shift attention in toddlers" conversation. What he did in the sun got me thinking about our shadow and gave this journal a whole new meaning.

It's always right there behind us, our shadow. Regardless of where you are in the world, shed some light on your physical figure, at it will cast a shadow. But did you know that there is also one inside of you?

Every one of us hides a darker side. Maybe you are not aware of it yet, maybe you are suppressing it because it brings out discomfort, but it is right there inside. Embedded in your psyche, waiting to come out and bring the worst in you.

This journal will not only help you dig deep and acknowledge its presence, but it will also challenge it so that you can work on the things that

make you uncomfortable and maybe cause pain.

With these shadow work prompts, you will get in touch with the parts of your unconsciousness that you have repressed for so long and allow yourself the chance to be free from the shackles of the darkness within.

All you have to do is answer honestly, and who you truly are will help you get to who you really want to be.

The Darker You

“Everyone carries a shadow, and the less it is embodied in the individual’s conscious life, the blacker and denser it is” – Carl Jung

As we grow up, with every act we perform and every decision we make, we slowly add pieces of the puzzles that form our personality. And as we go through this process, we learn that some parts of our behavior are better than others.

Those parts of our personality that are considered good are then rewarded and celebrated by our parents, caregivers, teachers... This can be an act of kindness, the ability to solve problems, or showing artistic predispositions. Once we learn our traits, we proudly put them on display for others to see.

The things that we, as kids, were maybe scolded for, punished, or criticized, we associate with bad behavior. This can be our anger, sadness, impulsiveness, or even sexuality. These are the parts of our personality that we deny or maybe feel ashamed of. They are the ones we put in a vault inside, leaving them forever ignored.

And this may seem like a good thing. After all, who would like to show others that losing a single poker hand makes them turn the table over and punch the wall? But here’s the catch. The more you repress your feelings to hide fear, shame, pain, or anxiety, the harder they come back. Think of pressing on an inflated ball underwater. The harder you push, the quicker it will slip from your hands and turn sideways.

So, where’s the shadow in all of this? According to Carl Jung, the inner shadow consists of all the things that you reject about yourself. All of the feelings that are churning inside but you don’t let out. From *I am not sad that my ex-partner has moved on* to *I don’t mind you chewing with your mouth open* types of delusions.

Meeting Your Shadow Self

Your shadow, as all shadows do, follows you around every step of the way. Know that it is there, and you will be able to tap into your fears and insecurities for an emotionally healthy life. Look the other way and ignore its presence, and it will turn against you.

Because here's the thing. Your shadow self doesn't really need your consciousness for it to operate. It can do so easily without your full awareness. Remember "Fight Club"? Edward Norton plays a character who is living his life in denial. Successful in the terms of a nice house and a job that pays the bills, but a huge piece inside of him is missing. He starts living his life in a foggy state, never fully present. Eventually, he forms an alter ego (Brad Pitt) who has all of the restrained desires and repressed traits that Edward Norton couldn't acknowledge. In this case, Brad Pitt is Edward Norton's shadow. And in the end, the shadow ends up nearly killing the conscious self.

We all have a shadow inside. We have just adjusted how we gratify what we need so we can adapt to our surroundings. Everything that was once discouraged or unacceptable, is now sitting in a pile inside causing us pain. Why? Because we are not aware of the reason for our pain.

And in the wise Jungian words, you can never be physically whole if you do not let yourself be imperfect, just like there is no light without a shadow.

Shadow Work and Why You Need It

So, how do I get rid of this shadow, some might think. Well, you don't! And you shouldn't want to! Acknowledging the presence of your shadow shouldn't be about making it disappear, but accepting why you're going through what you're going through.

Your shadow may come to you in the form of anger outbursts, negative self-talk, sadness, depression, fear, or other self-sabotaging actions. And the only way in which we can overcome these self-destructing feelings is by understanding why they have come to the surface in the first place.

Shadow work is about dragging your unconscious self (repressed thoughts and emotions) to your conscious awareness. It is what the most psychoanalytic minds such as Jung and Freud believed was the number one priority for being psychologically healthy.

Doing shadow work can help you:

- Become more intuitive
- Accept your strengths
- Work on your weaknesses
- Find a greater purpose in life
- Find meaning in the smallest of things
- Empower yourself
- Improve your self-confidence
- Gain psychological freedom

Shadow work is usually approached in the Socratic way. That means that the best way to explore the things that you push down inside is to answer objective questions in the most subjective way possible. You will need to go back in the past, rethink old actions, reexamine stories, and basically, dig up some bones.

This will not only be challenging but at times will feel extremely uncomfortable. So please, when answering the questions in this workbook, try not to stage your answers or fake your emotions. Remember, these are YOUR prompts and will be written and read solely by YOU. If you do not wish to share your thoughts with another person, you don't have to. That's not what this is about. The point is for you to be truthful with yourself, as

that is the only way for you to understand what the *shadow you* is causing to your *conscious self*.

Because of the amount of discomfort that you might experience along the way, I highly suggest you take this one prompt at a time. Answer one question a day, and in just 37 days, you will let go of the pain and start being less judgmental to your actions.

Day 1

The Hidden Feelings

Think about a time when being around someone made you feel uncomfortable. You know, those times when you try so hard not to show your emotions, but inside you are bursting without even knowing why. Write down the name of the person and explain the situation you were in. Talk about the feelings you were experiencing. At the very bottom, list three possible reasons that you think caused you to feel that way.

"Whatever makes you uncomfortable is your biggest opportunity for growth" – Bryant McGill

Day 2

The Mental Delete Button

Is there something from your memory that you wish you could forget? Imagine that you have a "delete" button in your brain, and the power to delete a single memory from it. What would you choose? What memory causes you the most pain? Write about that memory here and explain the feelings that it creates. At the bottom, write about how you think you might feel if that memory never existed.

"One cannot and must not try to erase the past merely because it does not fit the present" – Golda Mer

Day 3

The Letter to Your Child-Self

If you could go back in time and face your child-self, what advice would you have given to the young version of yourself? Write down all the things that you wish you would have known as a child. Make sure to address things that caused you pain and sadness. Now read aloud. Could you actually use some of that advice today?

"If we cannot alter the time of events, at least we can be nearby with towels to mop up" – Peter David

Day 4

The Offended One

Think about a time when you felt the most offended. Who offended you? What words do they use? How did that make you feel? Explain the situation in detail, but try to focus more on the emotions involved in the process. Was that person angry? Scared? What was your reaction?

"The feeling of being offended is a warming indicator that is showing you where to look within yourself for unresolved issues" – Bryant McGill

Day 5

The Toxic Relationships

Do all relationships in your life feel good? If so, was there ever a time when you were in a toxic relationship? Try to explain some negative aspects of your relationship with someone in your life, whether a partner, friend or even a family member. How does/did being with that person make you feel? What is/was it about that relationship that you think is/was the most toxic?

“You should not set yourself on fire to keep others warm” – Unknown

Day 6

The Biggest Fears

We are all afraid of something, we just have to realize what it is so we can work our way around and eventually face it. What are you afraid of? Try to think about the top three things that scare you the most in life. Write them down. Why are you afraid of them? What kind of emotions do these things drag with them?

"Bravery is not being afraid to be afraid" – Marie Colvin

Day 7

The Mask

Do you ever find yourself acting against your emotions? Do you ever take on another persona when you are around a certain person? Who are you with when you find yourself being another person? Think about why you do that. Is it to impress someone? To cover up for your lack of confidence? Lack of knowledge? What do you think would happen if you showed your real face? How does acting differently make you feel inside?

"Learn how to love yourself just as much as you want to be loved" – Unknown

Day 8

The Shame

What are you most ashamed of? Dig really deep and try to include as many details as possible. Imagine a certain situation where you would feel embarrassed. Can you explain it? If nothing specific comes to mind, think about a time when you felt ashamed. What caused you to feel that way? How did you cope with shame? What were your reactions?

"Stop being ashamed of how many times you've fallen, and start being proud of how many times you've got up" – Unknown

Day 9

The Negative Traits

How would you not want to be described? What are the worst possible traits that you could think of? Don't just list negative characteristics, mention them in terms of your personality. For instance, if you had a fight with your partner over not wanting to participate in activities that interested them, the worst attribute they might give you could be "selfish." Explain how these negative traits make you feel? Would it be terrible if someone called you that?

"Spiteful words can hurt your feelings, but silence breaks your heart" – C. S. Lewis

Day 10

The Comparison

Think about how you see yourself in comparison to other people. Do you think of yourself being less worthy? Do you feel equal? Or do you think you're somehow superior? Add a <u>WHY</u> to that question and answer what causes you to feel that way. Also, try to name the people that make you feel less worthy or superior? Why do you think that is? Explore this in detail.

"A lot of doubt and uncertainties in our lives come from not knowing that we are worthy" – Unknown

Day 11

The Trigger

When was the last time that you lost your temper? When was the last time that you wished you would have lost your temper? Why? What triggers you to have such strong emotions? Explain the situations in detail, and think about this. What is different between these two situations? When do you feel free to allow yourself to express your feelings, and when do you think you need to suppress everything inside?

"Triggers are unresolved feelings causing us to overreact" – Unknown

Day 12

The Bad Habit

Do you have any bad habits? Why are they bad? Do they interfere with other aspects of your life? Have other people recognized some of these habits? How do they feel about that? How does that make you feel? Be specific about the habits you think are destructive and how those actions impact your life.

“The truth is, you don’t break a bad habit; you replace it with a new one” – Denis Waitley

Day 13

The Judge Control

Would you say you are a judgmental person? When was the last time you judged someone? Did you let that person know your thoughts or did you simply bury those feelings inside? What were you judging? If you cannot think of a specific example, make it up. Include a hypothetical situation where someone would behave in a way that you would judge.

"If we judge others, it is because we are judging something in ourselves of which we are unaware" – John A. Sanford

Day 14

The Unexplainable Feeling

Have you ever found yourself not being able to stand someone's actions/behavior, but not exactly knowing why? When we're unaware of why others' behavior flips us off, it is because that's a sheer reflection of emotions we're repressing. For instance, your cocky friend may get on your nerves because deep inside you hate yourself for not being able to have that much confidence. Explain a certain situation and spend some time trying to decipher what it means. Why do you experience these weird and disturbing feelings about that person? It might help to write down some of their traits and analyze them.

"All the repressed emotions and subconscious desires in time lead to some kind of psychological or physiological breakdown, if kept unchecked" – Abhijit Naskar

Day 15

The Values

What things are the most valuable to you? What do you cherish the most in this life? Write that down and explain why. Now, think about the people in life who don't share the same values as you. Can you think of a related experience? For instance, if you are quite a workaholic, this can be your partner/friend with a poor work ethic. How do you feel about that?

"It is not hard to make decisions when you know what your values are" – Roy Disney

Day 16

The Parents

Think about your parents or caregivers for a second. Write down the things you love about them. Now, think about all of their traits that you don't find so positive. How did these personality attributes impact your childhood and life in general? For instance, if your mother has always been unorganized, that might have something to do with you never learning how to manage your time. Do you think that these attributes are a direct contributor to some of your own negative traits? How does that make you feel?

"There are no perfect parents, and there are no perfect children. But there are plenty of perfect moments along the way" – Dave Willis

Day 17

The Action

Is there a certain thing that you should be doing but aren't? What is stopping you from performing that action? Write it down. Are those things something that you can change? If so, why aren't you doing it? List all the reasons, no matter how scary or uncomfortable they may seem.

"The only impossible journey is the one you never begin" – Tony Robbins

Day 18

The Victim

We have all been the victim in some aspects of our lives. This can be a victim of public prank or ridicule, or even something serious as physical abuse. What is the worst time in your life when you have been the victim? No matter how painful, write it down. Explain your feelings. Let this paper feel that you're hurt. And with every written word, imagine the shackles of the suffering loosening up. At the bottom of the page, write these words I AM NOW SAFE – I AM NOW FREE.

"Every scar that you have is a reminder not just that you got hurt, but that you survived" – Michelle Obama

Day 19

The Things I’ve Done

Every one of us can write lists of things we wish we have done differently. But how many things on that list would be really meaningful to you? Think about the worst thing you have done in your life. When did this take place and where? Who was with you? Who did you do this thing to? How did you feel right after doing this thing? What emotions come to you now, as you’re writing about it?

“You are so much more than the worst thing you’ve done” – Greg Boyle

Day 20

The Mirror on the Wall

For this exercise, I suggest you grab a mirror. Stand in front of it, and look at your reflection for a few minutes. During this time, allow yourself to feel, and be yourself. Do not think about anything in particular. Do not try to answer inner questions. Just observe. If a thought pops into your head, acknowledge it, and let it go. Do not dwell. Just feel. Now, put down the mirror, and write down how you are feeling inside. Do not just say "sad," Explain what you think has triggered this emotion. Why? Although you cannot see your shadow self in a mirror, this can be a great exercise for you to understand how the "darker you" is feeling.

"Always be true to your feelings because the more you deny what you feel, the stronger it becomes" – Unknown

Day 21

The Regret

What is your biggest regret? Don't just think about things you wish to change; focus on the things that you have caused. For instance, deciding not to take that job abroad made sense at the time, but now it eats you up inside. Think about what your biggest regret feels like? Why? How would you feel if you actually made a different decision at the time? Do you think you would be happier and more content at the moment? Explain why. Now go through that "why list". Isn't there another way for you to achieve that?

"You should never regret anything in life. If it's good, it's wonderful. If it's bad, it's an experience" – Unknown

Day 22

The Let-Down

Think about the times when you felt let down by a loved one. When was this? How did you feel at that moment? How do you feel about it now? If it's still as powerful and hurtful, why? Why do you think you cannot go over it? Are your feelings rational? Or are you maybe exaggerating? Stand in that person's shoes and think about how you would feel if you did that thing to them. Be brutally honest. Do you still feel that hurt?

"Expectation is the root of all heartache" – William Shakespeare

Day 23

The Void

Do you ever feel empty inside? Like there is a hole that you simply cannot fill? Why do you think that is? Think about the times when these feelings of emptiness appear, and try to analyze the situations. What triggers you to feel that way? Now, write down some healthy strategies that you believe might make you feel more whole. Can you start applying some of those today?

"If you want to become full, let yourself be empty" – Lao Tzu

Day 24

The Failure

Try to define failure. What does this word mean to you? Why? What makes it so terrible? Have you ever been in a similar situation? If not, imagine yourself failing in front of everybody. Write down 3-5 things that you believe people would think of you in that situation. Now, write down just as many things that you would want people to think of you after failing.

"A person who never made a mistake never tried anything new" – Albert Einstein

Day 25

The Support

Do you feel supported by your loved ones? If not, explain why. Has this always been the case? How did you feel as a child? Were you able to count on the support of your parents/caregivers then? Is there anybody in your life you can count on? Write it down, along with how you can rely on them. Think about always having someone on your side, no matter what. How does it feel to be always protected?

"Support yourself and heaven will help you" – Senegalese proverb

Day 26

The Overreact

We all overreact sometimes. That is just our shadow trying to express itself when we don't know how. Think about the last time you seriously overreacted. Why did you act that way? Explain the situation here and try to pinpoint what thoughts and beliefs caused it to happen. How did that make you feel? If you overreacted in a conversation with another person, how do you think the other person felt? Imagine talking to them and try to rationalize the situation. What would you say?

"It felt like the world, but it was probably nothing" – a spun Morrissey quote

Day 27

The Grudge

Do you hold a grudge against someone? Why? What has happened for you to be feeling this way? Explain. Now, think about this situation but from the other point of view. Think about it as the person you're holding a grudge against. Would they feel the same about you? How would that make you feel? Would you be hurt?

"Holding a grudge is like letting someone to live rent-free in your head" – Unknown

Day 28

The Conflict

When you find yourself in conflict with someone, how do you react? Do conflicts make you feel uncomfortable or do you love to speak your mind and make your point? Think about a recent conflict you've had with someone. Why did it happen? How was it resolved? Did you contribute to the resolve? Or were you the stubborn one?

"It is more rewarding to resolve a conflict than to dissolve a relationship" – Josh McDowell

Day 29

The Priority

What are your priorities in your life? Write down the first 5-7 things that come to your mind. Are you on that list? When was the last time that you put yourself first? Do you practice self-care? If the answer is so-so, how do you think you can improve this? Would that jeopardize your other priorities? Try to come up with a schedule, solution where you allow yourself to be important. Because you are!

"Make yourself a priority. Fill yourself up so that you can give more to others" – Oprah Winfrey

Day 30

The Hero

What is your idea of a hero? Do you have any (from real life, obviously)? What are the things you admire the most about them? Why do you think you ascribe them such positive traits? Do you have some of these traits? If not, could it be that you subconsciously wish to? Try to go through each of these traits and write a sentence on how you can start incorporating them into your own story. For instance, if "courageous" was on that list, your incorporation could be "I can finally share my big work idea with my boss without the fear of getting turned down."

"Be the kind of person that your heroes would be proud of" – Unknown

Day 31

The Promises We Keep (And Break)

Think about a promise you made that was so hard to keep, but you somehow managed to live up to expectations. Now think about another one that you broke. Why couldn't you stick to your word like in the first example? What was different this time around? How did this make the person who you let down feel? How did you feel? Did you do your best to uphold it? Would you do anything differently now?

"It is bad to break a promise, but it is even worse to let a promise break you" – Jennifer Donnely

Day 32

The Angry Bird

What makes you really angry? Think about it. What is it that pushes your buttons? If you cannot come up with a good answer, then try to explain the last time you felt truly angry at something or someone. What was your anger about? Try to write down the thoughts and emotions that you experienced during that time. Now, think about how you felt when that outburst passed. Couldn't you resolve things more calmly and felt that way the whole time?

"For every minute you are angry, you lose sixty seconds of happiness" – Ralph Waldo Emerson

Day 33

The Hold Back

You know how we always think of the right things to say after the fight is over? Do you often feel like that? Do you fail to express your feelings at the right time? Think of a situation when your emotions were late to the party. Why do you think that happened? Were you afraid to share them with other people? Were you afraid to be misunderstood?

“The things that you do not say tend to scream loudest within” – Beau Taplin

Day 34

The Failed Relationship

Think about a failed relationship from your past that hurt you the most. This can be with a partner, friend, or family member. Why did it end? It may hurt but write about the things you did wrong at that time. Would you do it all differently now? Have you moved on? Has the other person moved on? Now, think about all of the things you have learned from it. Talk briefly about the healthy relationships in your life now.

"Every failed relationship is an opportunity for self-growth and learning. Be thankful, and simply move on!" – Unknown

Day 35

The Energy Drain

Have you ever been focused on something for so long and never seen tangible results? Explain that situation. Why have you allowed yourself to be sucked into such an energy-draining thought? What could you gain from the realization of this idea? Is there any other way to make that happen? What could you do that might give you similar results?

"Hoping drains your energy. Acting creates energy!" – Robert Kiyosaki

Day 36

The Respect

Ask yourself this, and be honest – do you think that people respect you? If so, then who are these people? Why do you deserve their respect? Are there people who don't find you respectable? Why do you think that is? And finally, do you respect yourself? If you cannot quite answer that, ask yourself whether you are constantly seeking validations in others? If so, think about what you could do to be more comfortable with your choices and actions.

"If you want to be respected, you must respect yourself" – proverb

Day 37

The Letter from Your Alter Ego

This is Brad Pitt calling for Edward Norton. Your shadow within trying to get in touch with your conscious self. Let it! Write down all of the things that your shadow self may have piled up inside, such as anger, fear, insecurity, pain... And then switch personalities. Pretend for a second that you have no care in the world. What does that feel like? Try to slay each negative feeling with an I-don't-care adjective. Next to "anger" write something like "carefree" or whatever it is that you think may be suitable. It surely is fun, isn't it?

"One of the best feelings in the world is when you stop caring about the things that bothered you" – Unknown

Conclusion

Congratulations! You have just made it through the shadow! The ride was dark and bumpy, but with your conscious light that guided you along the way, you have finally understood why your negative self lurks in the dark.

My hope is that you've managed to light up the blackness within with these 37 demon-calling exercises. Just like you summoned that demon every single day for over a month, you should make it a practice to continue challenging your shadow daily.

Maybe it will be uncomfortable, maybe painful, but remember, whatever confusing or scary thing you encounter, it is not the situation that makes you afraid. It is the aspect of yourself you see in it. A dark projection of your shadow. And the only way to fight it is to practice shadow work. As Carl Jung said, shadow work is the path of the heart warrior! Happy self-discovering!

Thank You

“Happiness springs from doing good and helping others.”
—Plato

Those who help others without any expectations in return experience more fulfillment, have higher levels of success, and live longer.

I want to create the opportunity for you to do this during this reading experience. For this, I have a very simple question... If it didn’t cost you money, would you help someone you’ve never met before, even if you never got credit for it? If so, I want to ask for a favor on behalf of someone you do not know and likely never will. They are just like you and me, or perhaps how you were a few years ago...Less experienced, filled with the desire to help the world, seeking good information but not sure where to look...this is where you can help. The only way for us at Dreamlifepress to accomplish our mission of helping people on their spiritual growth journey is to first, reach them. And most people do judge a book by its reviews. So, if you have found this book helpful, would you please take a quick moment right now to leave an honest review of the book? It will cost you nothing and less than 60 seconds. Your review will help a stranger find this book and benefit from it.

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PS - If you feel good about helping an unknown person, you are my kind of people. I’m excited to continue helping you in your spiritual growth journey.

PPS - A little life hack - if you introduce something valuable to someone, they naturally associate that value to you. If you think this book can benefit anyone you know, send this book their way and build goodwill. From the bottom of my heart, thank you.

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